

Physical Education

Throwing and Catching Challenge Grid 2

Go Setter 1—4

10 throws

Challenger 1—8

15 throws

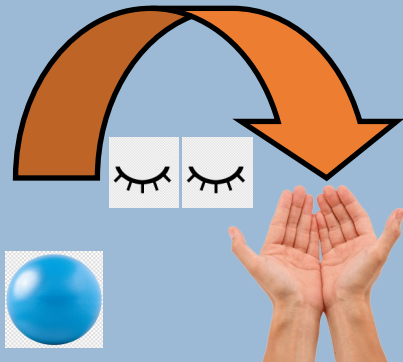
Super Challenger 1—9

20+ throws

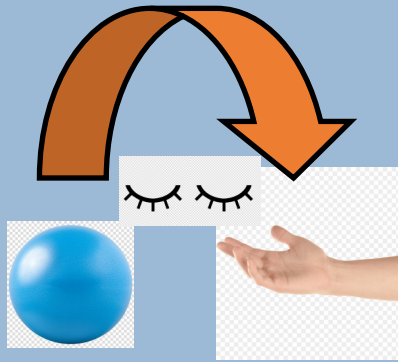
Super Challenger

Can you teach someone else?

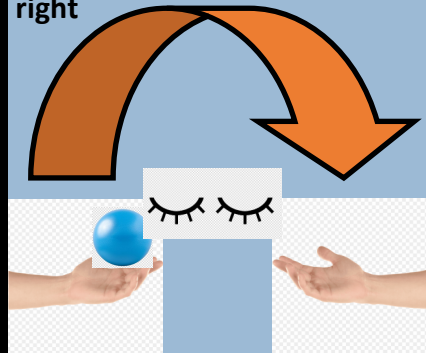
1. Eyes Closed! Throw and catch with 2 hands



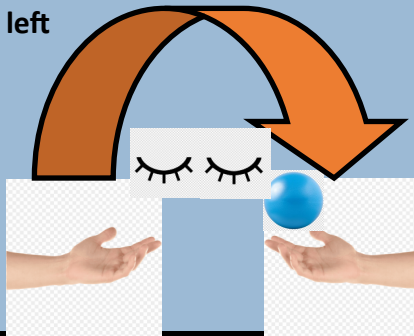
2. Eyes Closed! Throw and catch with 1 hand



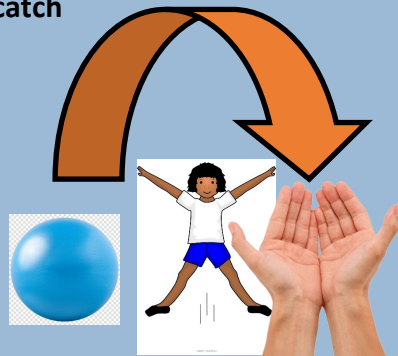
3. Eyes Closed! Throw with your left and catch with your right



4. Eyes Closed! Throw with your right and catch with your left



5. Throw, star jump then catch



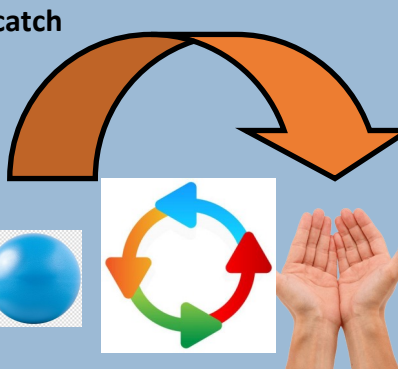
6. Throw, clap four times then catch



7. Throw, turn around then catch



8. Throw, spin around then catch



9. Create your own challenge

